Warm Up

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What will be Covered

- Purpose of warm up
- The Wildcat Way
- Developing a warm up for your program
- Meet Day warm up
Why

- Neuromuscular Facilitation
  - Type and design can alter

- Mental Preparation
  - Continuously has to change

- Bring team together
  - Only time where entire team is together
Coach the Warm up

- This is not a time to stand back and prep with the coaches
Coach the Warm up

- Developmental time of practice

- Don’t rush through this, get something out of it
  - Don’t just go through the motions!
Wildcat Way

- Cardiovascular warm up
  - 800m
- Pillars-Abdominal routine
  - Have a leader and change it up
  - 6-10 x 10 exercises
Wildcat Way

- Dynamic Stretch routine
  - Leg Swings, calf stretch, scissors, eagles
Wildcat Way

- Skip series
  - Arm swings, neuromuscular facilitation
  - Changes according to the day and time of year

- Break into groups
  - Metabolic warm up
  - Fast A
  - Event Specific
Developing your warm up

- Variables
  - Time of year
  - Type of workout
  - Event groups

- Be vocal during the warm up and take some time to explain it

- Expect a certain level of commitment
Meet warm up

- If they have bought into the practice warm up, this will be easy.
- Each event needs a type of warm up
- Mental preparation has to be coached
  - Develop a routine
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